



# STEADY & READY

## THE MISSION READY MOCKTAIL GUIDE



CULTURE AND  
FORCE RESILIENCE



NAVY

**TOTAL  
SAILOR**  
FIT TO FIGHT

MAY 2026

# YOUR GO-TO GUIDE FOR DELICIOUS ALCOHOL-FREE MOCKTAILS: SIP SMARTER, LIVE HAPPIER

## Gain Tactical Edge with Alcohol-Free Alternatives

This is more than a collection of mocktail recipes; it is a collection of alcohol-free alternatives that are creative and refreshing designed to make your choice to abstain from alcohol both easy and exciting. This resource serves as a practical, readiness focused tool that supports Sailors in making intentional choices that enhance physical performance, mental clarity, and overall mission readiness. Choosing alcohol-free options is a strategic decision that enhances performance both in everyday life and within the Fleet, while supporting the ["Fit to Fight"](#) standard.

## Sharpen Your Emotional and Mental Acuity

True readiness extends beyond physical strength; it requires mental clarity and emotional control. Alcohol can often mask [underlying stress](#) or delay confronting challenges, dulling your instincts. Opting for a mocktail over a traditional cocktail is an act of clear-headed self-awareness. It empowers you to manage stress effectively and maintain the sharp focus required for critical decision making under pressure. This practice keeps you in command of your emotional state, ensuring you are mentally prepared for any challenge, on or off duty.

## Advance Your Career and Secure Your Future

Your daily habits affect your career. Consistent, high-level performance, supported by clear headed decisions and optimal physical health, impacts your evaluations, advancement opportunities, and long-term success. Incorporating [mocktails](#) as an alternative to alcoholic beverages is a way to invest in your professional future and reinforce disciplined habits of a leader. Furthermore, it demonstrates a commitment to personal excellence that is the foundation of a successful career with longevity.

To further support your journey, use regular check-ins to reinforce accountability, connect with your goals, and celebrate your progress:



### SELF-CHECK REFLECTION

- How does selecting an alcohol-free alternative support my fitness goals?
- Have my sleep patterns changed, and am I more alert overall?
- Reflect on how the Mocktail Guide facilitated mission readiness.

### PEER-TO-PEER CHECK-IN

- Share one reason you are choosing a non-alcoholic option today.
- Ask peers how their fitness journey is going without alcohol.
- Ask peers how their choices are helping them stay sharp for their duties.



**Chart a Course for Flavorful Alcohol-Free Sips—5 Mocktail Recipes to Keep You Anchored and Refreshed**

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## ORANGE CRANBERRY DECK SPRITZ

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Servings: 4

Description: A bright, citrus-forward spritz that is easy to batch and suitable for group settings.



### INGREDIENTS:

- 2 Cups of 100% Cranberry Juice
- 1 Cup of Orange Juice
- 1 Cup of Sparkling Water or Club Soda
- 1 Tablespoon Fresh Lime Juice
- Frozen Cranberries (garnish/optional)

### INSTRUCTIONS:

1. Combine cranberry juice, orange juice, and lime juice in a pitcher.
2. Chill for at least 30 minutes.
3. Add sparkling water just before serving.
4. Serve over ice if desired.



### DID YOU KNOW?

#### MISSION READINESS:

Alcohol misuse is one of the top preventable factors impacting military readiness. Mocktails offer a fun, flavorful alternative to maintain focus in high-stakes environments.

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## GINGER PEACH MOCKTAIL

Servings: 2

Description: A lightly sweet, ginger-forward drink that feels familiar and refreshing.

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### INGREDIENTS:

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- 1 Ripe Peach, Sliced
- Juice of 2 Limes
- 1 Tablespoon of Honey or Simple Syrup (optional)
- 1-2 cups of (non-alcoholic) Ginger Beer

### INSTRUCTIONS:

1. Divide peach slices and lime juice between two glasses.
2. Gently mash it to release flavor.
3. Add Add Ice and top with (non- alcoholic) ginger beer.
4. Stir gently before serving.



## DID YOU KNOW?

### COGNITIVE CLARITY:

Even small amounts of alcohol can impair decision-making and slow reaction times by up to 12%, whereas staying alcohol-free keeps your mind sharp and mission-ready.



## PINAPPLE COCONUT COOLER

Servings: 1-2

Description: A smooth, tropical option that feels celebratory without alcohol.

### INGREDIENTS:

- Cup Pineapple Juice
- ½ Cup Coconut Milk  
or Coconut Cream
- Ice

### INSTRUCTIONS:

1. Combine pineapple juice and coconut milk into a blender.
2. Add ice and blend until smooth.
3. Pour into a glass and serve immediately.



## DID YOU KNOW?

### LEADERSHIP IN ACTION:

Choosing non-alcoholic options like mocktails sets a positive example of responsible drinking culture for your shipmates and peers.

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## ROSEMARY CITRIS SPARKLER

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Servings: 1

Description: Lightly herbal, citrus-forward mocktail that feels upscale while remaining simple and alcohol-free.



### INGREDIENTS:

- 3 oz Fresh Orange or Clemantine Juice
- ½ oz Simple Syrup or Honey (optional)
- ½ oz Tart Cherry Juice
- ½ Cup Plain Sparkling Water
- Ice

### INSTRUCTIONS:

1. Add citrus juice and simple syrup to a glass.
2. Fill with ice.
3. Top with sparkling water.
4. Gently stir and add rosemary sprig to infuse flavor.
5. Layer tart cherry juice on top.



### DID YOU KNOW?

#### BUDGET-FRIENDLY FUN:

The average American household spends nearly \$600 annually on alcohol, with heavy drinkers spending significantly more. By choosing mocktails, you can enjoy great flavor, stay mission-ready, and save money for other priorities.

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## CUCUMBER LIME REFRESHER

Servings: 1

Description: A clean, crisp mocktail suitable for daytime or wellness-focused events.

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### INGREDIENTS:

- 4-5 cucumber slices
- Juice of ½ Lime
- 1 oz of Sweetened Lime Juice
- ½ Cup Sparkling Water
- Ice

### INSTRUCTIONS:

1. Muddle cucumber slices and lime juice to a glass.
2. Add sweetened lime juice.
3. Fill with ice.
4. Top sparkling water.
5. Stir gently.



## DID YOU KNOW?

### CULTURAL SHIFT:

Alcohol-free living is steadily gaining popularity, with more people choosing mocktails for social occasions, better health, and a clear mind. By joining this movement, you're embracing a trend that's refreshing, inclusive, and mission-ready!

**Brought to you by the Navy Substance Prevention and Deterrence Branch.**

This resource highlights alcohol-free alternatives to help foster camaraderie, boost morale, and ensure that you remain mission-ready at all times.

Stay strong, stay focused, and stay anchored in wellness!



**For more information, please visit the Prevention Toolkit:**

**<https://www.mynavyhr.navy.mil/Support-Services/Culture-Resilience/Drug-Alcohol-Deterrence/Prevention-Toolkit/>**



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